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THE DEED IS THE MAN

The Dream is the babe in the lovelit nest,
And the rollicking boy at play;
The Dream is the youth with the old, old zest
For the rare romance of a day.
Then the Deed strides forth to the distant goal
That has dazzled since life began;
For the Dream is the child of the rampant soul,
But the Deed is the man.

* * *

The Dream is the mask that would make men fair,
And the boast that would count them brave;
The Dream is the honors that heroes wear,
And the glory that high hearts crave.
Then the Deed gives battle to pride and pelf
As only a conqueror can;
For the Dream is the child of the better self—
But the Deed is the man.

No song was so sweet and no star so bright
As the Dream of the Nazarene;
From Virgin's bosom to Calvary's height
It sang and it shone, serene.
Then the Deed proclaimed Him King of His kind
As the blood of the Martyr ran;
For the Dream was the Child of the Mastermind—
But the Deed was the Man!

—James C. McNally.

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UNITY DAILY WORD

A monthly manual of daily studies in Christian metaphysics, issued the 1st day of the month by

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F. B. WHITNEY, *Editor*

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The ability to find fault is believed, by some people, to be a sure sign of great wisdom, when, in most cases, it only indicates narrowness of mind and ill nature.—*Aughey.*

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TRANSFORMATION

O Thou who seest what doth lurk
Within my nature's dim recess
Of darkness that doth hidden work
Against Thy holiness—

O Thou who knowest all the light
That dwelleth in me, by Thy gift,
Through all the shades of moral night
My spirit to uplift—

O turn my darkness and my light
To Thine own heavenly love, I pray;
Love that shall ever grow more bright
Unto the perfect day.
—*Elizabeth French; Words of Faith.*

CONTENTMENT



ONE of the greatest of the blessings that come to the student of Truth is the feeling of contentment. A great deal is said about the treatment of disease and about improving the health through a study of the teachings of Christ. Second in importance is the feeling of being at peace with those about us and with our environment—the feeling of being happy, satisfied, and contented.

Many persons may be healthy and prosperous, and still lack contentment. They may be always seeking for satisfaction, always looking for something external to give them peace and harmony. Health does not always bring contentment but contentment does a great deal toward helping one to be healthy. It serves to bring peace to mind and body and it causes a certain definite relaxation from strain and excitement.

Contentment cannot be bought at any price. There are wealthy persons who would give all their many earthly possessions just to have the sense of being satisfied. There is but one thing that will bring contentment: an understanding of Truth, a realization of man's unity with God.

A study of Truth literature in conjunction with the Bible has caused many a person to declare that he has felt a contentment which nothing else in all the world has been able to give him.

When one feels contented, what has taken place? He has simply outgrown the desire to reach out for excitement. He does not look to external things to

bring him happiness. He finds it within himself. The person who has made this discovery has found the solution to a world-wide problem; he has the key that unlocks the blessings of the universe.

When one is discontented and is reaching toward external things for satisfaction, what should he do? Simply turn from all these to the presence of the Christ within. He should give the desire for things of the world to his indwelling Lord. The transformation of such a desire will cause him to feed upon spiritual substance. He will be fed in a way that will satisfy him as nothing else can.

To some, such a philosophy will sound like one of sacrifice. They will feel that the matter of turning from external things will cause them to miss the joys of life. In turn, let us call their attention to the fact that we are discussing the finding of contentment. It has not been found in the excitement of present day living. Some other solution must be presented.

But must one give up all the things of the world? He must first find genuine contentment within himself. He must find real values even though things of the external lose much of the value he has given to them. After he has done this, after he has found real happiness within, he can make the things of the world serve him. When he becomes master over them, they will give him pleasure to some extent. But, first of all, contentment must be found within. It cannot be found elsewhere. Only in our mastery over things of the world can we find everlasting peace.

"LOOK UNTO ME"

WHAT an inspiring passage there is to be found in Isaiah! What an inspiration to those who are inclined to drop their vision to things of the earth! Let us refer to these lines:

"Look unto me, and be ye saved, all the ends of the earth; for I am God, and there is none else."

How plain is the teaching that we cannot have salvation from things of the earth so long as we look down and away from God! If we want salvation from disease, fear, or limitation in any form, we must take our eyes off these and look to God who is our health, courage, and perfection. If we would see God, if we would have Him expressed in us and in our lives, we must look to Him.

If we look to limitations, we in some measure think of them as having some place in our lives. We see them as related to us in some capacity. The longer we look at them the larger they become. Beholding them we seem to identify them with us and to bind them to ourselves.

This matter of not seeing faults has a mystical power aside from its value as a mark of kindly disposition. There is a certain virtue attributed to the person who does not note the shortcomings of others, but there is a mystical force generated by the one who can spiritually see perfection in place of limitation.

The person who can behold the presence of God when limitations are apparent is capable of doing a mighty work. He has the power, through Christ, to

bring hidden virtues and undiscovered good to light. He is able through his clear spiritual vision to reveal the God in another to that one.

The only salvation from disease comes through the realization of perfect health, perfect identification with God. If you have been unable to find freedom from disease, quit thinking about disease and, above all, take your vision off it. If you would experience Christian healing, look to Christ, not to disease.

If you would have salvation from lack, quit thinking about lack; do not let appearances of lack cause you to drop your vision. God, the spirit of prosperity, says, "Look unto me." Looking to God, in whom is abundance, you will get the clear realization of your own abundant supply.

"I am God, and there is none else." God is the only God we can worship if we would bring His blessings right into our lives. In Truth there is no God but the mighty power back of all good—peace, health, and plenty.

Looking to God, we are directed away from all the woes and limitations of the flesh. Beholding God, we see mirrored in His perfection our own countenances. When we know that God within us is our salvation then we know that we have within ourselves the power to save ourselves from all confusion and limitation.

Try this plan of looking away from limitations or shortcomings, whether from those that you have claimed as your own or those that you have attributed to others. Look to God. "In none other is there salvation."

SATURDAY, OCTOBER 1

Today's Dynamic Declaration: *God, in his forgiving love, restores me to harmony of mind and to health of body.*

When divine love in us expresses itself we are freed from mental inharmony and physical disease. Love wipes out all inharmonious conditions in the mentality because as divine love it seeks to establish itself as Divine Mind, also.

God as love erases every belief in hate and fear. Love serves to disabuse the mind of every adverse belief that keeps one in bondage. Love frees one from personal condemnation. Through the forgiving love of God within, man is freed from mental limitation and from physical inharmony.

Let God express Himself in you as forgiveness: forgive yourself. Forget the mistakes of yesterday; be reborn and renewed this day by letting the love of God manifest.

God, in His forgiving love, wipes out every negative condition. After one feels this love, a thorough change takes place in him; mentally and physically he is renewed, regenerated, and revitalized. We might say that he is simply loved into health.

God's love gives us an exalted vision of ourselves and of everything about us.

"God is love." His forgiving love harmonizes my mind and heals my body.—*Unity Calendar (for October).*

SUNDAY, OCTOBER 2

Today's Dynamic Declaration: *I follow the Spirit of Truth in all that I think, say, and do. I serve God in all things.*

One should seek to know God's bidding and to follow it in all that one does. This is the only way in which he may hope to set his feet upon the path of light. Only by serving God may one work out his soul's salvation and overcome the things of limitation.

If one follows God in his thinking, he seeks to be unified with Divine Mind at all times; he seeks to know the thoughts of Divine Mind and to think these thoughts on all occasions. Such a person will always be free from adverse thoughts.

If we follow God in all that we say, we have dedicated our lips to Truth. We speak words that are healing and constructive. We have power to declare the word and to see it manifest perfectly in the one for whom it is spoken.

When we do Spirit's bidding we carry out the instructions of the voice of God. Our world becomes the object of our service. All those about us are served through the love of God issuing forth through us.

One serves either self or God; he serves either the selfish and personal nature or else the Spirit of truth.

Choose you this day whom ye will serve . . . but as for me and my house, we will serve Jehovah.
—*Josh. 24:15.*

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MONDAY, OCTOBER 3

Today's Dynamic Declaration: God in the midst of me is mighty to deliver me from any unhappy experience. In God I rest secure.

Since in God man is able to rest free from all adverse belief, how essential it is that man know the truth of God's existence within him! When a person is unified with God, when he is at one with God's holiness, he is free from the myriad besetting sins which otherwise might be his.

A consciousness of good delivers man from belief in limitation; for this reason we teach and study the truth. Very often some one asks why we are so interested in teaching others. We want others to build up a spiritual knowledge, an understanding of the spiritual verities, in order that they may annul the many beliefs of the race man that might defeat their overcoming.

Man's deliverance is through God. His release from sin comes through God; his freedom from disease comes through knowing the healing truth; his release from inharmony comes through knowing the power of God to deliver him from confusion and chaos.

In God man has the key to deliverance from every adversity that the race man knows.

The righteous is delivered out of trouble.—*Prov. 11:8.*

TUESDAY, OCTOBER 4

Today's Dynamic Declaration: *There can be no depression in me. I rejoice to live in the fullness of God's abundant joy.*

How the sun shines for us when we feel joyful! All the world seems to be happy when we feel happy. Can we not see, then, that we can transform everything about us—the world and its people—just by learning how to feel happy, how to be happy?

One can become happy only by learning to think the truth. If he has good thoughts they will cause him to feel happy. A strong thought externalizes in the body as a feeling of strength; a healthful thought outpictures as health; a happy thought manifests as happiness.

We need not be concerned about feeling joyful if we have joyful thoughts. How can we have other than joyful thoughts when we learn the truth of life and know God as abundant joy? The student of Truth is always the most joyful of his crowd because his philosophy is one of joy.

When one is joyful he is even happy that he is alive. He praises everything in his life. He can smile on all occasions and at any time can feel the great joy that is underlying his very existence. He can laugh heartily because there is substance in his joy.

In thy presence is fulness of joy.

—*Psalms 16:11.*

WEDNESDAY, OCTOBER 5

Today's Dynamic Declaration: *My faith in God within me quickens me to a consciousness of God's omnipotence.*

Knowing God as all-powerful we cannot believe that anything in the external world can have power over us. If to us God is omnipotent, then there is no power external to us. We must not believe in a division in spiritual power if we would realize God's allness.

What a fine thing it would be, for public speakers and others who experience stage fright, if they would discipline themselves to realize that there can be nothing before them, over them, beneath them, or behind them but the presence of God! Could one experience fear if he knew the truth? Could he be afraid if he always dwelt in the knowledge of God's omnipotence?

Faith in God has carried many a person to victory and success. The invalid who has faith in God and an understanding of the truth that heals is soon lifted out of his suffering into a consciousness of his perfect health.

Faith in God is in reality faith in the higher something within which is divine. Such a faith cannot be shaken.

The faith which is through him hath given him this perfect soundness in the presence of you all.
—Acts 3:16.

THURSDAY, OCTOBER 6

Today's Dynamic Declaration: *The presence of God in my body glorifies and spiritualizes it. My body is radiant with the health of God.*

The practical Christian no longer thinks of his body as mortal. In man dwells the very Spirit of God. Spirit is active on all planes of man's activity. In the physical body man has power to manifest the very perfection of God.

One must cease to believe in disease, and he must give up the tendency to look upon his body as weak or diseased, if he hopes to express the healing life of God. While man is refining his thoughts by knowing spiritual truth, his body becomes spiritualized.

We can carry our thoughts and words right into our bodies; by speaking powerful words of truth we can cause power to manifest there. We can build up any part of the organism by using thoughts that are constructive. Many teachers of physical culture are now teaching their pupils to think constructively, to think health while they are doing their physical exercises.

One should declare many times a day that his body is free from disease and radiant with God's life.

Your body is a temple of the Holy Spirit which is in you . . . glorify God therefore in your body.
—I Cor. 6:19, 20.

FRIDAY, OCTOBER 7

Today's Dynamic Declaration: *Mentally and physically I am free from old and obsolete ideas. My mind thinks new ideas and charges my body with newness and with youth.*

If one would be renewed in mind and in body he must free himself from old and obsolete ideas. Old and crystallized thoughts cause the mentality and the body to be old and stagnant. The only salvation from such conditions comes through the introduction of new and fresh ideas.

When new thoughts become active in the mind, the mind becomes invigorated. It relaxes from the humdrum of monotonous thinking. New ideas in the mind act as a stream of fresh water acts when permitted to flow through a pool of muddy water: Eventually all the old ideas are swept away and only new and vital ones remain.

Monotony of thought is the cause of much unhappiness and disease; it affects the mind and the body as lack of lubricant affects an engine. Without oil the friction of an engine soon develops heat and serious trouble. Without new and fresh ideas the mind and the body are thrown into a state of confusion.

Today discover new ideas and new viewpoints.

Walk in newness of life.—Rom. 6:4.

SATURDAY, OCTOBER 8

Today's Dynamic Declaration: *I live today. I enjoy life now. The present time holds many blessings for me.*

Do you ever realize that the eternal now is capable of yielding us many blessings? How often one misses a great deal of good because he is living in the past or in the future! The eternal now is the only time in which one can really live.

There will never be a time when you can enjoy life as you can enjoy it today. Cease to think that at some future time you will have more opportunities or will enjoy better things. The person who thinks of the future as the time in which to enjoy life is following a will-o'-the-wisp.

Does the future hold no good for us? Not as the future. Only when it becomes the today, only when it appears to us as the now can it yield us anything. Remember that the future is only a relative term in the matter of time. We use the term to designate a now that will follow the present now. The only time that we can appreciate is the eternal now.

If you have work to do, begin it now. Begin now to make some plans for it. Bring your work into the eternal now of Spirit and you free it from the claim of procrastination and delay.

All things are now ready.—Luke 14:17.

SUNDAY, OCTOBER 9

Today's Dynamic Declaration: *I am strong and courageous because in me God abides as omnipotence.*

One cannot feel fearful and weak when he realizes that at the very center of his being God exists as omnipotent strength. God is mightier than any belief in weakness or in fear. In God one is free from every belief that weakens or makes afraid.

Many persons feel that their associates seem to dominate them; they feel that others have the power to weaken their hold on life. Such is not the case. In Truth no person has any power to interfere with or to dominate another.

There are persons who have the belief that they are weak in thinking; that they lack power to concentrate. One in the consciousness of Truth has all power; he can think clearly and powerfully.

Some persons have the belief that they are weak in body. The belief in limited strength externalizes in the body as physical weakness. In order to become strong one must know that he is strong. He needs to realize that he has within him all strength. In God he is powerful.

Courage and strength belong to him who realizes his unity with God's abundant strength.

Wait for Jehovah:

Be strong, and let thy heart take courage.

—Psalms 27:14.

MONDAY, OCTOBER 10

Today's Dynamic Declaration: *The justice of God prevails in me and in all my affairs and they are divinely adjusted.*

If one feels that his affairs are disorderly or affected by injustice he should realize that disorder and injustice can have no place in him or in anything to which he is related. The belief in injustice will manifest so long as it exists in consciousness. The belief must be changed if the affairs are to be regulated.

When we place our affairs in the keeping of God, divine justice, we remove them from all contact with injustice. We cannot be treated unjustly when we believe that neither injustice nor anything else has power to keep justice away from us.

Justice is man's divine birthright from God. If he does not have justice he needs to become better acquainted with God. If he would have justice he must believe in it to the exclusion of all else. One cannot afford to let belief in injustice abide in his mentality if he hopes to manifest justice.

In no sense can injustice be related to God or to the spiritual life. If one abides in God, justice is his portion.

Jehovah is a God of justice; blessed are all they that wait for him.—*Isa. 30:18.*

TUESDAY, OCTOBER 11

Today's Dynamic Declaration: *The peace of God is now established in me and I am at peace with all persons and with all things.*

Have you ever dreamed of such an ideal state as would obtain if you were absolutely at peace with every one you knew?—at peace with everything in the world? Does such a state seem an impossible one? What seems to prevent you from enjoying such a heavenly condition?

There is but one thing that can keep one from enjoying the most ideal state of heavenly peace. That one thing is one's own adverse thought. If a person will rise out of his own peace-destroying thoughts, if he will discipline himself to think of peace and to believe in it, nothing can keep him from enjoying peace. Other persons cannot keep one from being peaceful if one is actually established in the peace of God.

To become established in peace and harmony one must think of peace as the only reality. He must wipe out the belief that inharmony can even have existence in himself or in his affairs. He must actually believe that inharmony has no existence because peace is omnipresent.

One enjoys heaven when he is at peace with his fellows and with conditions and things about him.

Be at peace one with another.—*Mark 9:50.*

WEDNESDAY, OCTOBER 12

Today's Dynamic Declaration: *I patiently seek and anticipate the good.*

Progress, discovery, and invention depend upon patience. Even as the patient explorer tirelessly pushes ahead over untried paths, so must we exercise patience in our development and progress toward our spiritual ideals.

The uncharted seas hold no terrors for the fearless navigator. Unexplored realms of the higher consciousness can but serve to give us courage and larger blessings.

As we press forward in our life experience we should always anticipate good even though at the time it is not visible to us. We show patience when we can have faith in good even if it is not in sight. Patience and optimism have carried many a man forward to success.

If one would better his position in life he must learn not to be impatient with himself or with his work. He must master the things at hand before he can take the next step. One thing he must have: the vision of better things. He must see himself rising out of limited conditions and laying hold of his ideal. He must feel the presence of Christ inspiring him to higher and better things.

Let patience have *its* perfect work, that ye may be perfect and entire, lacking in nothing.—*James 1:4.*

THURSDAY, OCTOBER 13

Today's Dynamic Declaration: *I rejoice to know that I understand God and that He quickens my understanding.*

If one knows God aright he knows Him as the source of all wisdom. In God man has perfect understanding; in God he can comprehend all things. When unified with God (Divine Mind) man cannot lack knowledge of anything.

Theologians have long taught that God is infinite, and so not to be understood, yet they have taught that He is man's father. How unreasonable it is to think of man as unable to comprehend his father. If the son inherits his father's qualities he must inherit his father's intelligence. We think of man not as finite but as infinite in his ability to comprehend the deeper things of God.

If one would seek knowledge upon a certain subject he should get quiet, still his senses from the confusion of outer things, and take the attitude of being taught. He will find that the information that he seeks will come to him. Many a man who has pondered over a difficult problem in the evening has found the next morning that during the night while his mind was quiet he has received a solution.

Let him that glorieth glory in this, that he hath understanding, and knoweth me, that I am Jehovah who exerciseth lovingkindness, justice, and righteousness.—*Jer. 9:24.*

FRIDAY, OCTOBER 14

Today's Dynamic Declaration: *The presence of God is ever with me, comforting and sustaining me at all times.*

When one feels alone or forsaken he may know that he does not know God; he does not realize that in Truth there is no lack or sorrow. One who knows God is free from all sense of loss, all feeling that he is forsaken or alone.

God is never apart or away from man. At the center of man's being, God abides. God is a well-spring of joy to all who find Him. He is a source of joy and comfort.

When those about you seem to make you unhappy, look to God. Turn within to Him; turn away from the person or the thing that seems to make you unhappy, and turn to the joy of Spirit. When you find God you will also find that no one can cause you discomfort. When you find God you will discover that those about you are working for your highest good. In the one who has seemed to cause you distress, you will find something of God.

When we find this rare, comforting presence we are able to help others to discover it. Having found God we can point the way to others who need His presence and His comfort.

We may be able to comfort them that are in any affliction, through the comfort wherewith we ourselves are comforted of God.—II Cor. 1:4.

SATURDAY, OCTOBER 15

Today's Dynamic Declaration: *I am one with the mind of God and led by Him in all that I think and do.*

The mind of God blends itself with the mind of man when man enters into the high consciousness wherein he is prepared to know the deeper things of God. If one is led by God then he cannot make wrong decisions or take the wrong course. God, then, governs and directs man in all that he does.

Without the mind of God, man would be without spiritual consciousness. He would be in some respects similar to the lower animals. He would lack knowledge of the higher things which exalt him above the beasts of the field; he would be without the nobler impulses of life.

The mind of God inspires man to God consciousness. In this higher and deeper consciousness man beholds God and in God he sees the reflection of his own divinity.

There is but one God, one spiritual consciousness, one Divine Mind, one Truth. When we say that there is but one Mind we refer to one Truth and to one God. Man in his ignorance may think that something is true, he may think that he knows God, but if he does not unify himself with the one Truth and the one God, he does not become conscious of the one Mind.

Without thy mind I would do nothing.—Phm. 14.

SUNDAY, OCTOBER 16

Today's Dynamic Declaration: *I am one with the law of God, the principle of good, and I am set free from so-called laws of limitation.*

So long as man thinks of evil and disease as having causes and effects that operate in his life, just that long will he be bound to so-called laws, manmade laws that limit and bind. If one would be free from evil he must know that it has no law which can work in his life or in his affairs.

If one thinks that adverse conditions will follow something that he has said or done, his first step should be to wipe from consciousness all belief that adversity can have cause and effect. If he thinks that he must reap certain adverse conditions his first step should be to plant the spiritual thought that will eradicate the weeds of adversity in his mental garden.

You may ask, "How can a spiritual law annul a mortal law?" Just know that spiritual law is founded on Truth. Mortal laws, those which deal with disease and death, are based on another foundation, the belief that adversity, not Truth, is real.

When a person is at one with the principle of God he is unified with that which can cause only good to manifest in anything that he does.

The law of the Spirit of life in Christ Jesus made me free from the law of sin and of death.
—Rom. 8:2.

MONDAY, OCTOBER 17

Today's Dynamic Declaration: *I rejoice to do the works of the Father. Henceforth I live the truth that I know.*

What an impetus Christianity would receive if all professed Christians would live and practice the truth that they perceive! These teachings are but theories to us until we actually practice and apply them.

When a situation comes up to be handled one should instantly seek to perceive the truth that he knows about it; then he should act. He should feel that he has power through the Holy Spirit to carry his powerful spiritual ideas into manifestation.

When we are doers of the word, when we seek to perform as well as to know, the very power of Spirit becomes ours to use. The might of God is always on the side of the one who would do the works of God.

Resolve this day to live the truth. Be willing to theorize less and to practice more. Applying Truth is easy if one understands it and has faith that it will work.

Resolve to apply Truth in some capacity each day. When night comes be sure that you can satisfy yourself that you have actually applied the principle and have been victor and demonstrator.

Be ye doers of the word, and not hearers only.
—James 1:22.

TUESDAY, OCTOBER 18

Today's Dynamic Declaration: *The purifying, refining power of Spirit cleanses my heart of all evil. In God, my mind and my heart are pure.*

If one allows his thought to become clouded and befogged with evil; if he allows evil, sin, and disease to influence his mind and to pervert it; if he permits hate and fear to dominate him, then must he look to the refining and cleansing power of Spirit to restore him to the original cleanness and purity of his divine birthright.

Very often one allows some little secret sin, some indulgence in carnal thought, to blemish his mind and his vision of life. Limited thoughts tend to restrict one to a limited life. If he allows mortal and limited thoughts to dominate him he discolors his outlook upon the universe.

When one has the single eye he has but one thing in his mind's eye; that one thing is good. If he allows his vision to be ruled by both good and evil, if he thinks limited thoughts one moment and tries to think the high absolute thoughts of God at the next he will keep himself in a state of dual mindedness.

We purify our minds by holding to the high vision of Christ. If we have before us the exalted One, we shall naturally become like Him.

Purify your hearts, ye doubleminded.—James 4:8.

WEDNESDAY, OCTOBER 19

Today's Dynamic Declaration: *Free from personal grievances, I abide in the perfected love of God.*

If one would know God he must free himself from all personal grievances and ill will. To make oneself at one with God is to become identified with God's pure love. When we feel the true love of God we cannot longer hold personal grievances. The spirit of personal animosity has nothing in common with the spirit of love.

Can you think of God as perfect and pure love? Can you think of him as greater and grander than little personal quibbles? Think of a Being that is far above and beyond personal grievances; then think of yourself as one with that mighty One.

In order to abide in God, man must learn to live in love with his fellow man. If you cannot do this, you show that you miss the mark in being like your Father. When you can be loving and can rise above personal shortcomings, then you can rightfully call yourself "Son of God."

Remember that nothing but your own limited thought can keep you in limited surroundings. Only your limited belief can keep you without the pale of another's love. When you rise above your own limitations you will find no limitations in your life.

God is love; and he that abideth in love abideth in God, and God abideth in him.—*I John 4:16.*

THURSDAY, OCTOBER 20

Today's Dynamic Declaration: *Thou art my health unfailing, and I trust Thee to restore the perfection of Thine image and likeness in me.*

This statement is the Silent Unity healing word to be used from October 20 to November 20.

When we see ourselves as we exist in God we behold the perfect image and likeness of God which we are. The old impressions that we have had of ourselves are cast aside as unfit garments. We behold ourselves in the mirror of spiritual truth and see in God's face our own image and likeness.

When we deny the old self and lay hold of this spiritual nature we have the instrument for manifesting perfection. Our wholeness is restored when we restore to consciousness the image and likeness of God which we are.

We cannot lack health when we see ourselves perfect in Christ. Our perfection is dependent entirely upon our laying hold of it: first, through perceiving it as ours in Christ; second, through merging our lives with it.

In Christ we are every whit whole. In Him we are healthy, strong, and well.

We all, with unveiled face beholding as in a mirror the glory of the Lord, are transformed into the same image from glory to glory, even as from the Lord the Spirit.—II Cor. 3:18.

FRIDAY, OCTOBER 21

Today's Dynamic Declaration: *Thou art my all-sufficiency in all things, and my cup of prosperity runneth over.*

This statement is the Silent Unity prosperity word to be used from October 20 to November 20.

Man should feel that God, his Father, has placed him in position to enjoy every blessing. He should not think that anything is denied him. As the son of God, man is heir to all that the Father has. God's sufficiency is also man's sufficiency.

What a strong realization of prosperity we get when we think of ourselves to be in possession of all that God has! There is nothing more to be desired. We come into possession of blessings which heretofore we had thought of as unattainable.

If one lacks prosperity he should think of the abundance of God, then know that it is his. His supply will come—perhaps from a most unexpected source. Have you a prosperity problem to be solved? Then apply the principles of prosperity. Take your limited thought off your affairs and begin to bless them with thoughts of prosperity.

All sufficiency in all things will be ours when we grasp the full meaning of God's sufficiency for us. We come into unlimited prosperity when we realize this mighty truth.

Ye, having always all sufficiency in everything, may abound unto every good work.—II Cor. 9:8.

SATURDAY, OCTOBER 22

Today's Dynamic Declaration: *I worship one God, the Spirit of truth. To God I give my whole thought.*

Try for one day to give yourself absolutely to God. See if you would not like to live near to God for such a short time. After that you may decide to give yourself to Him for all time.

Very often one worships foreign gods unconsciously. He is not conscious that he is worshipping some god other than the one true God. He does not know that by following other gods, even though to a limited extent, he is robbing God of so much love and devotion.

When you are inclined to give yourself and your substance to some new cause, ask yourself first whether God is really represented in it. Remember that unless God is in it you cannot be spiritually blessed.

Worshipping God calls for constant discipline of the mind. How easy it is sometimes to follow something that seems to offer satisfaction but is only hollow show.

Serving the one true God calls for devotion to principle. When we serve God we follow Him lovingly and obediently. Nothing but God gets our attention. We care for nothing but Him.

Thou shalt worship the Lord thy God, and him only shalt thou serve.—*Matt. 4:10.*

SUNDAY, OCTOBER 23

Today's Dynamic Declaration: *I am prepared at all times. I am ready to meet any situation.*

When one builds up a consciousness of Truth he prepares himself to meet any emergency. Truth is powerful to handle any situation and in Truth there is no situation which will not yield to spiritual consciousness.

We can best prepare ourselves to meet experiences in life by knowing the truth so thoroughly that there are no adverse situations to be met. This is the real preparedness.

If one builds up a powerful consciousness of health, there will be no disease for him to handle. He does not need to demonstrate over diseases. He does not need to meet situations. His consciousness of health and of good goes before him and puts to flight every belief in adverse conditions.

The metaphysician believes in being ready. He believes in building up such a knowledge of Truth that no belief in error can lodge in his mentality. He can look the whole world in the face and be unafraid of all its people and all its beliefs in disease.

Today is the time to prepare. Learn today's lessons so thoroughly that you will not need to study them again.

Here am I; send me.—*Isa. 6:8.*

MONDAY, OCTOBER 24

Today's Dynamic Declaration: I am constantly developing into the perfection of my heavenly Father.

We believe that man is constantly evolving into something higher, that he is continually unfolding into spiritual perfection. If one has the upward vision he will see himself constantly evolving into the perfection of his perfect heavenly Father.

Man does not go backward. He does not fall. He is continually on the upgrade. Even the man who seems to be the most decrepit has within him the divine spark that is urging him to place his feet upon higher ground.

When next you are tempted to be dissatisfied with your progress, when you seem to be going backward, when you appear to be marking time in the march of life, take an inventory of yourself. You will find that today you are in some wise higher than you were yesterday. You will find that growth and development have not been inactive in you. You will note that you have a larger and a brighter viewpoint of things.

Man continues to evolve. Things about him may cause him to feel that he slips back at times but the truth is that in the great scheme of life he is marching toward God and nearing His perfection.

Ye therefore shall be perfect, as your heavenly Father is perfect.—*Matt. 5:48.*

TUESDAY, OCTOBER 25

Today's Dynamic Declaration: *In my mind I free myself from all memory of shortcomings. In the eternal heavens I am free indeed.*

If we would be set free from shortcomings or from sins of the past we must first set ourselves free. We must reach the consciousness in which we can perceive ourselves to be absolutely released from all bondage to the past and memories of mistakes.

In order to be set free before the throne of God, man must go through the consciousness of contrition in which he releases himself from all self-condemnation. He must first break the chains of his slavery before he can be set free.

In metaphysics we do not think of contrition as simply a state of sorrow and repentance. Contrition, to us, is infinitely more. The contrite soul should do much more than to be sorry for misdeeds. He should have a disposition to move nearer and nearer to God, so that His light can wipe out every shadow.

How foolish it is for one to spend years and years condemning himself for the past and recalling to mind events which cause him to blame himself. All he needs to do is to release himself from the burden of his thoughts.

Whatsoever thou shalt loose on earth shall be loosed in heaven.—*Matt. 16:19.*

WEDNESDAY, OCTOBER 26

Today's Dynamic Declaration: *I faithfully look for the coming of good into my life. The good that I pray for now manifests as the blessing I most need.*

When we ask for the good to come into our lives we place ourselves in the position to be receptive to good. Asking is not a process of inquiring for or beseeching for good; it is one of receptivity to blessings.

If one is always asking for good, if he is open and receptive to it, it will manifest for him as the blessing which he most needs. If one would so live that he kept himself constantly in touch with God, then good would be expressed in his life to fill any vacancy or lack.

When we pray for any good thing to manifest in and through us we must absolutely have faith that it will manifest. We must faithfully look for it to appear. Would you be surprised if the blessing you seek should manifest right now before your eyes? Then you are not ready to receive it. You must have the mental attitude which would not permit you to feel surprised at the manifestation of many blessings. Live in the attitude in which you can receive blessings without surprise. Do not be surprised if your prayers are answered—and they will be.

All things whatsoever ye pray and ask for, believe that ye receive them, and ye shall have them.
—Mark 11:24.

THURSDAY, OCTOBER 27

Today's Dynamic Declaration: *I am free from stubbornness and willfulness. I am willing to be governed by the wise will of my Father.*

If man is stubborn and willful he seeks to have things established in his life according to his personal will. He is governed by personal consciousness, that which prompts him to be selfish and to harbor personal ambition.

One who works from the personal standpoint keeps himself from spiritual consciousness; he keeps himself from enjoying the blessings which would be his were he guided by divine will. The will of the Father is a wise one.

To cure yourself of willfulness, get still and realize that you do not care to have personal will manifest in your affairs. One's personal will must be controlled and dominated by the wise will of God; Divine Mind must be permitted to execute itself through the will.

If you are determined to have your way, ask yourself whether you would be happy to have this way established if it were not God's way. Remember that at this very moment certain things should manifest in your life. You can bring them about by using the spiritual will.

I seek not mine own will, but the will of him that sent me.—*John 5:30.*

FRIDAY, OCTOBER 28

Today's Dynamic Declaration: *Through Christ I am master over everything in my world.*

Consciousness of man's God-given dominion over things of the external world gives us power to subjugate all things to our word. There is nothing of the world external to us which is not under the bidding of the Christ within us.

Very often we become unhappy because we believe that something of the world has power over us. We lose sight of the fact that nothing in the manifest world is mightier than the Christ of the world within. We let appearances frighten us when they should be but evidences of the victory that we gain through Christ.

You have power to rise above the belief that any person or thing in the world can dominate you. God has given you dominion over every material thing in the world. There is nothing that can claim exception to this statement. The only limitation to your power is that produced by your own limited thought.

When next you are inclined to be afraid of persons, things, or environments, take your thought right off them: Center it in Christ, your God-given power.

Thou makest him to have dominion over the works
of thy hands;
Thou hast put all things under his feet.

—*Psalms 8:6.*

SATURDAY, OCTOBER 29

Today's Dynamic Declaration: *Every thought of my mind is disciplined and governed by the Spirit of truth.*

One who is in the overcoming process needs to govern his every thought in order to avoid thinking thoughts that are not constructive. Through the power of the Spirit of truth he must take command and discipline his thinking. No thought which does not measure up to the standard of Truth should be permitted to pass the portals of the mind.

We are exactly like our thoughts. For this reason we must take care that they are good and healthy. We must watch over our minds just as we would take care of a garden to protect it from weeds.

When we understand Truth we have a standard for our thinking; we have a gauge by which to measure our thoughts. We can readily see why Truth is studied. We can see why we need some standard by which to judge and to weigh our thoughts.

Concentration is practiced in order to impress certain thoughts upon the mind to the exclusion of other thoughts. One class of thoughts is considered more beneficial than others; good thoughts are selected because they are most worthy of place in the mental world.

Take ye heed, watch and pray.—*Mark 13:33.*

SUNDAY, OCTOBER 30

Today's Dynamic Declaration: *I dwell in the consciousness of good, and everything that comes to me is filled with good.*

If one abides in the consciousness of good, nothing that is adverse can come to him; nothing evil will find its abode in him. If he dwells in spiritual consciousness he cannot experience evil and disease. The solution to all of man's problems lies in getting the right consciousness, the realization that in Truth there can be no evil.

When one dwells in the realization of the omnipresence of good, of God's being everywhere present, he is free from adversity. We can see, then, that limitation in any form comes solely from man's belief in it. His escape from it comes entirely from his consciousness of its unreality and his realization of the prevalence of Truth.

Since the reward is so great for our having thoughts of good, how can we ever allow ourselves to have thoughts of evil? Since seeking the good causes it to come eventually into manifestation, how can we look for evil? We must learn the surprising lesson that we get in life exactly that for which we seek. How necessary it is for us to seek the good at all times!

Seek good, and not evil, that ye may live.
—Amos 5:14.

MONDAY, OCTOBER 31

Today's Dynamic Declaration: *I am unified with all persons in the holy bond of good fellowship.*

Do not let any adverse thought keep you from getting the consciousness of universal unity, the holy bond in which you know that you are united with all other persons in the good fellowship of Christ. In the one great Mind, in the consciousness of absolute Truth, all persons will find something in common. They will find the Christ.

Separations and divisions have no place in Truth. In the great universal unity, there is no place for cliques and factions. Christ came to unify men with one another and to unite all to Truth. Our place in the world is to participate in this loving thought and to do all that we can in this way to see the coming of Christ.

If one has not succeeded in making a union with Christ he should see whether he has made union with the Christ in those with whom he is associated. Many a person has found God through having first grasped the great universal principle of unity with all life.

Each one should do his part in establishing unity even as it already exists in the higher realms of mind. He must do his part in bringing into manifestation the universal unity of Christ.

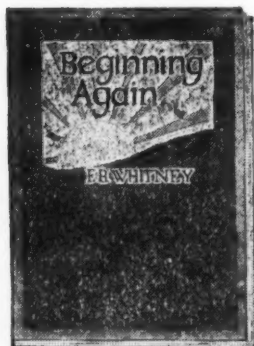
Be ye all likeminded.—I Peter 3:8.

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